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## **Our Books | Intuitive Eating**

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### **Intuitive Eating by Evelyn Tribole MS RD, Elyse Resch MS**

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Intuitive Eating a Revolutionary Program. It's interesting that Intuitive Eating is thought about as a revolutionary program because it's the natural eating wisdom we were born with. So in many ways attuned eating is a return to what we once knew before it became eroded.

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